SOCIETY∞

The Beauty of Relaxation BY LILLIAN RUSSELL.

or tenseness? We quietly fold our olded them so tightly that at least the effour hands is so eramped it pains the effow, and we complain of rheutism in the hand, when relaxation only have saved both the thought of the pain.

of the pain.

Again you complain, and even go to physician for a treatment for rheu-atism, when, by watching your own If and your mannerisms in position in will catch yourself resting one und under the elbow of the other arm, it perhaps the other hand holding our chin up. This is a common fault of is the cause of lame hands, which seep you from practicing the plane, ochetling, etc.

Why, you will even fold your hands metry and then the reission of your inoughts will cause them quickly to tighten, tighten until you are fairly affering with the pain. In the same ary you will cross your knees with side results. You will set at a table writing with knees crossed, and if you ring your mind back to yourself and ook for what is causing that terrible sain in your food and leg you will find hat your knees is pressed with all the nergy of your body against that lable not you are suffering as a consequence. Why abuse yourself in these ways when a tiny bit of relaxation and nought of self will do away with verything of the kind?

A common fault of tenseness is the thirt of heating time to music that im in your head by rubbing your eth together. In fact, you will tire surself till your head aches and your miles feet fairly bulged out, and at the same time your toes perhaps will be the fairly bulged of your shoes the music you are humming to your tire music you are humming to your if, until you have cramps both in es, justep, and the calves of your \$25.

Semember: Tenseness is a condition nerves which has the power to and animation physically as well as stally.

I. B. Cleanliness must have part in the treatment of perspiring feet. Not that the feet are included in this care, but also the stockings and shoes orning and evening the feet must batched, and sometimes during the ay. The stockings and shoes must bad cases, be changed twice a day, good wash for bathing is one or two rams of alum to a pint of alcoholoust with a plain talcum powder athing in hot water is good. Afterpring thoroughly rub with cologne ater.

Dr. Brady's Health Talks SIMPLE FACTS ABOUT CATARRH.

What causes catarrh? The causes re too numerous to mention. But newly, catarrh is not a disease, only symptom. The primary significance of the word catarrh is "a flow." As ommonly employed the word means an eute or chronic inflammation of a bucous membrane—the lining of any sert of the body that communicates with the outer air.

Nasal catarrh is the usual condition, it is symptomatic of some local or ceneral disease. For instance, adecided and enlarged tonsits cause masal atarrh. Thickened turbinated bones in the nose cause one-sided catarrh. Tuberculosis, heart disease and cidney disease are often accompanied

dney disease are often accompanied ith chronic nasal catarrh.

over-eating, excessive clothing, de-ective ventilation of living-rooms or edrooms, alcoholism and insufficient vercise are predisposing factors of pasal catarrh. Fatigue is rather a actor of acute catarrh—coryza—"cold"

Practical Physiology.

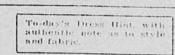
The nasal passage runs straight sackward when the head is held erect, not upward as many imagine. When ou use an atomizer, therefore, do not lirect the spray toward the root of he nose, but direct it straight back. And always have the solution warm. Normally the turbinate, or spongyones in the nose serve to keep the fir suitably moistened, to remove dust and bacteria, and to warm it before tenters the lungs. When chronically affamed these bodies become thickendamed obstruct the nasal passages, sometimes they require surgical removal. But remember, they are not growths," but simply inflamed tissue.

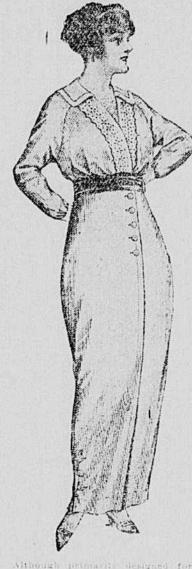
Some Necessary Don'ts.

Don't snuff things into the nose. This is dangerous and rarely helps our catarrh. Don't use strong salt vater; it irritates and aggravates the rouble. No more than a teaspoonful of salt to the pint of boiled and cooled vater should be used. This is about a salty as the tears and no more ritating.

A simple dict which regulates the night program,

Fashion's Decree





The pattern will be united to any address by The Times-Dispatch Pattern Department on receipt of price.

3 T F inquires. What is the significance of a "good trace of allumin, hydline casts a few, sp. g 1909, an occasional red cell" in the urine test of a man of forty-five who has been living the life?

Reply—It signifies that he must call a half, for he is acquiring, if he has not already acquired, Bright's disease.

COMMISSION IS ON TRAIL OF CHINESE SMUGGLERS

Port of San Francisco Easy to Opera-tors—Government Officials Implicated in Charges, SA FRANCISCO, September 6.—Evi-

dences of what is believed to be an organized body of Chinese smugglers, including possibly gover, ment officials turned up in Boston several months continued to hold the attention of the Federal Industrial Relations Commission, in executive session, which

closed here yesterday It is declared that revelations made here prove the smugglers operate through this port as freely as they do through any port in the United States, No details of testimony adduced were made public, but all of it will be embedded in a raport to be mide to Washington officials within a few

Washington officials within a few weeks.
Among witnesses heard was Richard L. Taylor, a special agent of the Federal Secret Service. He occupied the witness stand for several hours. Local managers of telegraph companies and several minor immigration officials also testified.

Circumstances surrounding the painters strike of last year were detailed in a short public session to-day by 1. With Helman, Jr., a banker, F. W. Kellong, publisher of the San Francisco Post, and H. P. McCarthy, president of the State Building Trades Council. The former two acted as mediators.

Mr. McCarthy sand he did not hold as opinion, frequently ascribed to him, that violence would be necessary to settle differences between employers and employers here. Both sides readily agreed to mediation and arbitration last year.

WINCHESTER FAIR THIS WEEK.

Normally the turbinate, or spongy ones in the nose serve to keep the ir suitably moistened, to remove dust and betteria, and to warm it before a enters the lungs. When chronically all amed these bodies become thickend and obstruct the masal passages. Sometimes they require surgical removal. But remember, they are not growths," but simply inflamed tissue.

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Don't spray strong antiseptics in the lose without a doctor's orders. You may do m'see harm than good. In hronic catar 's simple alkaline or salt olutions are about as effective as anyling for cleaning the nostrils of nicous.

A simple dict which regulates the right program.

Personal

Afternoon Ten To-Day for Her Guest.

their bome on Monument Avenue for the fall and winter season. Miss Annie Frankin Barnes, who has been spending the summer months in North Carolina and at Old Point Comfort, has also returned to Richmond Miss A. M. Enneis, Francis B. Enneis, also returned to Richmond Miss Miss Moselle Enneis, all of Jackson-also returned to Richmond Miss Wille, Fla. Miss Ida Palmore, of Richmond, and Miss Louise Oakes, of Dar-Miss Eugene Holt, of North Carolina, Miss Louise Oakes, of Dar-Miss Will be the guest of her parents here for some time.

Mrs. F. D. Heguembars, will be at home at 737 Oak Street, Jacksonville.

Horder we accompanies to the seekers. He for the companies of the form of of t

Mrs. Albert H. Flournoy and her son, Randolph Flournoy, have returned to the city, after spending some time in New York City, Mrs. Flournoy and her son also visited in Jersey City and Asbury Park, N. J., and a number of delightful informal functions were given in their honor during their stay in the North.

To Attend Wedding.

wedding will take place. Mrs. Charles Hayden will act as matron of honor for her new sister-in-law, and Robert Fay, also well known in Washington. Following a wedding breakfast at the home of Mr. and Mrs. Charles Hayden, John Hayden and his bride will go to Santa Barbara for their home; meon. They will make their home in California.

To Attend Wedding.

Miss Neille Southall Hill left on Friday for Nelson County, where she will be the guest of Miss Bessie Redd for some time. Miss Hill will attend Miss Redd as main of honor at her marriage to Harry Sneed Massie, son of Senator Bland Massie, which will be celebrated on Sentember 1.

d Mrs. J. J. Rob. October, bride of William Returned From Europe. any blue gaberdine with hat and on the steamship Mauretania, accompany blue gaberdine with hat and on the steamship Mauretania, accompany of firide roses. The only ornament worn by the bride was a gift of the groom, a broach of supphires. Miss Dixie Davis Robertson was her sinters made of honor, and only attendant. Her costume was of blue crepe to the city, after spending some time foreign.

shadow lace. She carried a bouquet of pink carnations. Francis B. Enneis was his brother's best man.

of pink carnations. Francis B. Enneis vas his brother's best man.

The ceremony was performed by Rev. W. Street of the Desired by Rev. W. Street of the Desired by Rev. The ceremony was performed by Rev.

J. M. Street, of the Baptist Church, and Miss Louise Onkes, who rendered music for the occasion played "I Love You firely" and "The Rosary," while the guests were assembling. The bridat party entered to the strains of Mendelsohn's Wedding March. During the cremony selection from "The Palms" and "The Love Song" from "Faust" were played.

The ceremony was performed by Rev.

Mr. and Mrs. H. W. King, of Roberts Street, Barton Heights, left on Saturding for a visit to Mr. King's sister, Mrs.

Rémueth Chadwick and his sister, Miss Jessie Chadwick, of this city, moved to Belona on Saturday and spent the week-end with E. A. Baugh and his family at that place.

The ceremony was performed by Rev.

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Miss Louise Elizabeth Dagby, of 2366 bower of training vines and elematis, while zarlands of the same decorations, an afternoon tea at her home, the af-

o'clock. Miss Eagle is entertaining this afternoon in konor of her guest, Miss Berta McConker.

Returned to Richmond.

Miss Berta McConker.

Returned to Richmond.

Miss Berta McConker.

Where they took a train for Natural Bridge and other points of interest in Dr. and Mrs. 1. F. Barnes have re-returned to the city, and are now honeymoon will be spent. After Oc-ir home on Monument Avenue for tober 1, they will be at home at 737

The belt home of his parents, in Powhatar requires them of his parents, in Powhatar requires 1 yard near 1 yard ne

Announcement

Miss Flual Mann has recently moved into her new home at 1499 Floyd Ave-

Miss Florence Dansey has returned to the city, after spending the summer at Chautauqua in the study of music with Ernest Hutcherson, of Berlin. Dr. and Mrs. William F. Mercer, Miss May Mercer and Miss Elsie Young have returned to the city, after a five weeks tour through the mountains of Vir-ginia, West Virginia and Maryland.

Dr. Blair Burwell, of "Indian Camp. in Powhatan County, continues ill at his home there.

Mrs. C. B. Perkins and her children have returned to their home, after an extended visit to friends and relatives in Philadelphia.

Church and Dwelling in Northumberland Almost Demolished.
[Special to The Times-Dispatch.]
HEATHISVILLE, VA., September 6.—
During the severe electrical and windsterm of Thursday the residence of
George D. Richardson, a widely known
citizen of this county, situated near
Village, was blown over and almost
demolished. The same storm also flew
over Bethany Baptist Church, between
Lottsburg and Lodge, this county, Both
were structures of ample dimensions
and strongly built.

after SMOKES FOR DUTCH SOLDIERS

while in Norfolk they were the guests of Mrs. Annie Cpalding Crump.

Allard—Mann.

Mrs. Catherine Meade Mann, of this took angle ang

THE KAUFMANN STORE

Dame Fashion's PROCLAMATION

66 T IS my royal will that Shadow Lace L Chiffon Cloth and Crepe de Chine, as popular materials for blouses, shall continue during the autumn season. Women who attend to my mandates shall govern themselves accordingly."

Such is the edict—and here they are, adaptations of late French models by Chartriot. Of sheer and delicate shadow lace or imitation Chantilly, as many women call it. At \$3.50 a woman may have a fetching little waist of shadow lace and chiffon cloth, with extremely stylish long lace sleeves and a black moire girdle.

A new blouse in crepe de chine, sleeves and fancy cuff's, hemseliched front and sleeves and fancy cuff's, hemseliched front and colors of A new blouse in crepe de chine, with long set-in collar, is shown in black and white and colors of navy, brown, purple and green, at \$2.98.

 \P At \$3.50 madam or miss may have a new sating blouse admirable for public wear—traveling. walking, etc. The narrow pleated front trimmed in buttons, the flat collar and the yoke, with set-in long sleeve, are contrived simply and charmingly. Shown in black and colors of navy, brown and

Madam, the patrons of Chartriot pay \$25.00, \$40.00, \$65.00. Our adaptations are authentic are, in fact, criteria for others.







7 West Broad Street CASH OR CREDIT

F4 Western "Flowers of Guaranteed Freshness" Hammond Tel. Mad. 630 100 E. Broad St.

The pick of the cotton field goes Shoes

ALBERT STEIN

Gift

Department

Sydnor & Hundley

Incorporated

Your

Wedding and Birthday Gifts in great numbers always on

into Maish Comforts. Doesn't go into them any old way but by a special process which keeps the longfibres in place. There are good reasons why Maish Comforts are twice as warm and twice as thick as any cotton comfort of equal weight. Good cotton doesn't "bunch" or "lump" in that disagreeable fashion that you may have noticed in comforts built carelessly on unscientific principles.

Gee It's Comfy

Prices \$2.50, \$3.50, \$4.50, \$5.00 and \$6.00

HAVE YOU SEEN THE New Method Gas Ranges

PETTIT& CO.'S?

National Star Spangled Banner Centennial

Ealtimore, Md. \$5.70 for d trip Richmond via R., F. & F. R. R. T. on sale September 5, 8 and 10, r limit September 19. Four boars

J. B. Mosby & Co.

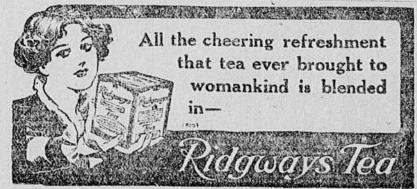
New Rugs for every room in the house.

Oculist's Prescription may be filled correctly, yet not give the comfort and satisfaction that Galeski Service insures. "Galeski Service" means not

only correct grinding of the lenses but cutting them to a size and shape best suited to the individual requirements of the wearer, fitting the frames so that they are comfortable and becoming, and keeping them properly adjusted as long as you wear them.

e Ask your oculist.

Headquarters



In spite of the increased cost of other foods due to European war, the price of Grape-Nuts food has not advanced, but remains the same as heretofore. Postum Cereal Co., Ltd., Battle Creek, Mich.

The longer war lasts, the higher the prices that will be demanded for food products.

Grape-Nuts food is a sturdy ration for young and old - summer and winter, the year through. Full of true nourishment, delicious to taste, with keeping qualities that make it dependable, Grape-Nuts is unexcelled as a war food.

Europe, where it is well known, is calling for Grape-Nuts.

"There's a Reason"

Every package sealed tight in waxed wrapper—as has been done for years-moisture and germ proof.

No Advance in Price of Grape-Nuts

Sold by your Grocer.